PURĀSANA

HARMONIZE LIFE

Purāsana *Yoga.*

I was born into this way of life — Hindu by culture, Sanātana Dharma by philosophy, with Yoga as the bridge that makes life the practice. My cosmological intensives demand discipline and an authentic desire to change your narrative, because harmony comes through repetition, consistency and observing energetic paths birthed over 4,000 years ago.



> *Yoga is meditation in motion — aligning the chakras and stilling the mind, one breath and one āsana at a time.*

TRAINED IN KERALA, INDIA

Rooted in lineage.

My 200- and 300-hour teacher trainings were completed at the Devvrat Yoga Sangha in Varkala, Kerala, India — covering Eastern and Western anatomy, yogic history and philosophy, Dhyāna (Meditation), alignment and modifications, with one-on-one study under my gurus.

- 500-hour Yoga Teacher, Devvrat Yoga Sangha
- Focused on yogic alignment, prāṇa movement and the chakras

SESSIONS & WORKSHOPS

- Purāsana sessions or workshops are organized all over the world and are only in-person.
- Active Stretching and Modern Hatha Āsanas are available in-person and online.





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PURĀSANA

THE PRACTICE

Harmony through commitment, not just a workout.

01

Alignment

In-person

Holding each āsana (posture) with proper engagement of specific muscles and bandhas (energetic body locks) to receive its full benefits and reduce the risk of injury. Alignment here is taught with a focus on 'prāṇa stacking' and the main chakra centers.

02

Modern Hatha Āsanas

In-person Online

Sūrya Namaskāra combines āsana (posture) and prāṇāyāma (breath control) that builds balance, flexibility, the strengthening of the back and mental stillness — the foundation your entire practice will rest on.

03

The Purāsana Practice

In-person

Born from the harmony of Shiva (Consciousness) and Shakti (Energy), this complete practice brings together cosmology, chakras, mantras & mudrās, alignment through āsana and dhyāna to complete an all-around practice on your journey back to self.

04

Active Stretching 01*

In-person Online

The Cosmological Sequence goes through a linear narrative of birth (inverted āsanas), life (prone, supine and seated/twists) and finally death (Savāsana). If practised with alignment, consistency and the observance of Yoga in its entirety — will this be the death of your ego? Only you can decide this.

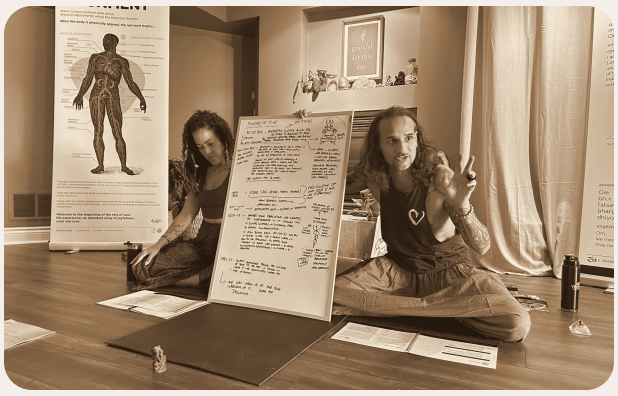
*For advanced practitioners only.

05

Active Stretching 02

In-person Online

The Aligned Yin practice contains 16 seated, prone, supine and supine twist āsanas. These are timed holds per āsana, teaching you to maximize your physical power without sacrificing strength. Sounds impossible? Only when your ego quiets will the real magic begin to emerge.



PRACTISE TOGETHER

Sessions, workshops & private practice.

For upcoming workshops, private sessions or to host a Purāsana workshop in your community, visit **sunilgupta.life** or get in touch directly.